

# Advisory Council on Aging and Disability Services

618 Second Avenue, Suite 1020, Seattle, Washington 98104-2232 • (206)684-0660 • TTY (206)684-0274 • FAX (206)684-0689  
*Creating choices for elders and adults with disabilities in Seattle-King County*  
[www.advisorycouncil.org](http://www.advisorycouncil.org)

**APRIL 16, 2004**

## **ADVISORY COUNCIL Meeting**

**Present** Larry Low, Adam John, Alexandra Tu, Don Moreland, Thelma Pegues, Thelma Coney, Helen Spencer, Suzanne Wiley, Larry Verhei, Martha Becker, Lisa Yeager, John Barnett, Timmie Faghin, Gabe Cohen and John Holecek

**Excused** Will Parry and Joanne Brekke

**Absent** Steve Colwell and Tom Ramussen

**Guest** Sylvia Y. Wesley, Sheryl Schwartz, Catherine Wu, Sean O Ramole, Martha Kacuaguchi, Laura Wong-Whitebear, Eileen Murphy, Irma Farsch, Alex O'Reilly, Beruke Giday, Emma Medicine White Crow and Weldon Lee

**ADS Staff** Selina Chow, Rosemary Cunningham, Karen Winston, Linda Wells, Margaret Casey, Ozell Bledsoe, Mary Pat O'Leary, Janet Epstein and Carl Kaiser

**United Way Staff** Linda Woodall

## **DRAFT MINUTES**

**Timmie Faghin**, Chair convened the Advisory Council meeting at 12:00 p.m. She asked everyone in attendance to introduce themselves. She reviewed the order of the agenda and asked if there were any amendments. Timmie read a letter from Council member Cleo Corcoran informing Council members of her decision to resign from the Advisory Council because of a new role and increased time commitments. Cleo's letter stated she "thoroughly enjoyed serving as a member of the Council and felt honored to have served as its Chair last year." Timmie introduced program speakers **Carl Kaiser**, ADS Case Manager and **Sheryl Schwartz**, Researcher with University of Washington Health Promotion Research Center and **Sylvia Wesley**, a PEARLS Client.

### **Approval of Minutes**

**Action Taken:** It was moved/seconded and passed that the March 12, 2004 minutes be approved as presented.

### **Program Topic**

Program to Encourage Active Rewarding Lives for Seniors (PEARLS): Research Findings and ADS Program Implementation

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In association with the Area Agency on Aging for Seattle-King County and sponsored by:



City of Seattle



King County

**Carl Kaiser**, MA, Case Manager, ADS provided a PowerPoint presentation overview of the PEARLS program including: 1) **Community Partners**: University of Washington Health Promotion Research Center (HPRC), Aging and Disability Services (ADS), and Senior Services of Seattle King County (SSSKC) 2) **Goal**: To develop a community-integrated home-based treatment for depression program and 3) **Hypothesis**: Twelve months after initiating the program, participants receiving the PEARLS intervention would have greater improvements in depression and quality of life as compared to the usual care group. Carl concluded by highlighting DSM-IV depressive symptoms, intervention methods and a seven-step problem solving treatment model.

**Sylvia Wesley**, reported her experiences and challenges with depression after the death of a family member and how PEARLS interventions provided her with problem-solving techniques for planning social, physical, and other activities, reduced her depression symptoms and has improved her health status.

**Sheryl Schwartz**, MPH, Researcher with University of Washington Health Promotion Research Center, showed a 6-minute video highlighting PEARLS program clients during counseling sessions. She gave a PowerPoint presentation highlighting HPRC research data including baseline demographics, clinical characteristics, depression outcome scores, and limitations. She also reported that the PEARLS program was a 2 1/2 year trial study to detect and treat minor depression among community-dwelling older adults, consisted of problem-solving treatments, coupled with planning social, physical, and other pleasant activities. She also reported that participants receiving the counseling interventions were more likely than those who had not yet received them to have a 50 percent reduction in depressive symptoms. They were also more likely to achieve complete remission from depression and experienced a greater health-related quality of life. She concluded that the PEARLS intervention significantly reduced depressive symptoms and improved health status in chronically medically ill older adults with minor depression and dysthymia. The plan now is to seek Medicaid funding to make the anti-depression program available to a wider range of older people across the state. For more information about PEARLS and HPRC, visit the website at: [www.depts.washington.edu/hprc](http://www.depts.washington.edu/hprc)

### **Old Business**

By-laws committee:

**Timmie Faghin** announced there is no report from the by-laws committee.

2005 retreat committee:

**Larry Low** announced the 2005 retreat committee will submit their report at the May 14th meeting.

Rapid Response Message:

**Timmie Faghin** read a message from the Puget Sound Alliance for Retired Americans asking Council members to contact Senators Patty Murray and Maria Cantwell urging them to *“Please do all you can to block any cuts in federal funding for Medicaid. The Nickles budget will deprive millions of people of health coverage and place intolerable new strains on state budgets.”* Timmie asked members to approve sending a letter to both senators urging them to block any cuts in federal funding for Medicaid.

**Action Taken:** It was moved/seconded and passed that a letter from the Advisory Council be sent to Senators Murray and Cantwell urging them to block any cuts in federal funding for Medicaid.

### Committee and Task Force Reports

State Council on Aging:

**Timmie** announced that **Joanne Brekke** (in her absence) submitted a written report highlighting the State Council on Aging meeting. A copy of the report was passed out and members were asked to provide their comments on it at the next meeting.  
*See Attachment I.*

Planning and Allocation Committee:

**Thelma Coney** reported on Council members’ site visits to Mercer Island Senior Center, Renton Senior Center, and Polynesian Senior Center. Members were impressed with the volunteer ombudsman program, multigenerational programs, and efficient and effective operations. Other members were encouraged to go and visit the senior centers.

Outreach & Advocacy Committee and Health Care Task Force:

**Gabe Cohen and Larry Verhei** reported on the joint meeting. Gabe reported that the committee selected a Legislative Forum theme “No Senior Left Behind” and they will concentrate on two items: 1) medically needed income levels and 2) prescription drugs. The next Forum sub-committee meeting date will be Monday, May 10<sup>th</sup>. Don Moreland will Chair and Gabe requested other members to consider getting involved with the Outreach & Advocacy Committee. **Larry Verhei** reported that the California Governor’s budget proposes to slash in-home health care workers salary from \$9.50 /hr to minimum wage of \$6.75 /hr and remove medical benefits. He announced a Hearing Speech & Deafness Center (HSDC) Health Fair 2004 on Saturday, May 22<sup>nd</sup> from 9:00 to 3:00 p.m. at the Hearing / Speech & Deafness Center, 1625 19<sup>th</sup> Ave, Seattle, WA. He requested that the Advisory Council sponsor an information booth and Council members volunteer to work the booth. Larry passed a volunteer sign-up sheet around for members. Larry also announced he was appointed to the Governor’s Committee on Disabilities and Employment will be on a subcommittee for civil and legal rights.

Technology Committee:

**Rosemary Cunningham** announced the need for technology committee members to help in developing an electronic magazine with aging issues. The Technology Committee will meet once every 2-3 months to develop magazine content and build a mail list for advocacy alerts. Suzanne Wiley, Timmie Faghin and Lisa Yeager agreed to serve on the Technology Committee. The first meeting will be scheduled and Technology Committee members notified.

Director's Report:

**Selina Chow** announced that Pamela Piering is on medical leave and resting well at home and sends thanks for all the well wishes. Selina reported: **1) PEARLS Program**, ADS Case Management is continuing the PEARLS program strategy and seeking federal dollars to expanding the PEARLS into the refugee communities, **2) City Budget Cuts**, The P & A Committee submitted a proposal suggesting cuts in the ADS budget, the City Council voted not to cut Neighborhood House funding, **3) Medicaid Program**, ADS is continuing discussions with the state about how to disperse \$4.6 million in allocated funds, and **4) the W4A** wants to increase awareness of AAA's by promoting a "smart card" which summarizes a person's health conditions. Samples of the smart card were distributed to Council members.

The meeting was adjourned at 2:00 p.m.

**NEXT MEETING**

*Day/Date: Friday, May 14, 2004*

*Time: 11:30 – 2:30 p.m.*

*Place: Sno-Valley Senior Center – (425) 333-4152*

**4610 Stephens Ave  
(Stephens Ave & Bird St)  
Carnation, WA 98014**

Larry Low, *Secretary* \_\_\_\_\_ *Approved 5/7/04*

